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### Effectiveness of long-term follow-up of breast cancer

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## Statements

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### **Effectiveness of long-term follow-up of breast cancer**

Wenli Lu, January 11,2012

1. Clinical guidelines all recommend history taking, physical examination and mammography to breast cancer survivors.
2. Early detection of isolated loco-regional or contra-lateral breast cancer recurrences in patients without symptoms has a beneficial impact on the survival of breast cancer patients when compared to late symptomatic detection. (This thesis)
3. All guidelines endorse a less intensive clinical follow-up excluding distant metastasis related tests in the absence of evidence that early treatment of metastatic disease will prolong life.
4. For one-third of these patients the time of stopping their hospital follow-up was earlier than it should have been based on the guidelines. (This thesis)
5. The results show that patients with contralateral breast cancer detected by routine mammography have better survival rates than patients with contralateral breast cancers detected by other means. (This thesis)
6. Routine physical examination may be most valuable for women with a history of breast cancer younger than 60 years. (This thesis)
7. Shortening the follow-up time in the hospital leads to a significant reduction in costs and maintains the same clinical effects. (This thesis).
8. Frankness is the most advisable maneuver.
9. The important thing in life is to have a great aim, and the determination to attain it. (Goethe)